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| **Health Improvement Contact List** | | | | | | | | |
|  | | **Health area** | **issue** | **Company** | **About** | **Name** | **Phone number** | **Email** |
| **Nutrition and Exercise** | **Oral health** | | **Oral health and hygiene** | London Northwest Healthcare NHS Trust | Delivers oral health assemblies and workshops | Adele Francois | 07495236207 | [Adele.francois@nhs.net](mailto:Adele.francois@nhs.net) |
| **Nutrition** | | **Dining Room** | Berrymede Primary | Headteacher has revamped the school’s dining room space and experience. | Lubna Khan | 0208 993 9053 | [head@berrymede-jun.ealing.sch.ukor](mailto:head@berrymede-jun.ealing.sch.ukor) |
| Academy Feltham | The headteacher introduced a successful school meal model where all pupils eat a healthy school meal that is prepared by a chef. | Ed Vainker | 020 3551 9305 | info@reachacademy.org.uk |
| **School lunches** | Harrison Catering | Group Manager | Rickie Colebourn | 0208 280 0316 | [rickie.colebourn@harrisoncatering.co.uk](mailto:rickie.colebourn@harrisoncatering.co.uk) |
| Harrison Catering | Schools Programme & Commercial Manager | Adam Whalley | 020 8825 9420 | AWhalley@ealing.gov.uk |
| Harrison Catering | Senior Group Manager | Maria Chalghoumi | 077 9567 6212 | [Maria.chalghoumi@harrisoncatering.co.uk](mailto:Maria.chalghoumi@harrisoncatering.co.uk) |
| **Obesity and healthy eating** | Danone | Eat Like A Champ Programme Coordinator. | Charlotte Broos | 0208 799 1163/ 0792 007 2657 | [Charlotte.BROOS@danone.com](mailto:Charlotte.BROOS@danone.com) |
| One You Ealing | MEND programme | Nicole Stephens | 07714 756222/ 0208 354 8936 | [Nicole.Stephens@wlmht.nhs.uk](mailto:Nicole.Stephens@wlmht.nhs.uk) |
| I Know Why Its Yum Mum | IKYIYM Director. Deliver healthy eating assemblies and workshops. | Natasha Gavin | 0780 165 5657 | [iknowwhyitsyummum@virginmedia.com](mailto:iknowwhyitsyummum@virginmedia.com) |
| NGP Public Health Worker | Offers a stall at health fairs, assemblies, workshops and taster sessions on Zumba, Yoga, nutrition, breakfast, cooking on a budget, diabetes, mental health and NHS health checks | Zeine Mehio | 0798 4401 234 | [mehiozeina@hotmail.com](mailto:mehiozeina@hotmail.com) |
| HENRY | Eight week programme for parents or carers of children aged 0 to 5 years old. Free to join. | Denise Wheatley | 07872 507 659 | [DeniseW@familylives.org.uk](mailto:DeniseW@familylives.org.uk) |
| School Travel Team | School Travel Adviser | Victoria Willis |  | [WillisV@ealing.gov.uk](mailto:WillisV@ealing.gov.uk) |
| Featherstone School Sports Partnership | Partnership Development Manager | Stuart Weston |  | SWeston@featherstonehigh.ealing.sch.uk |
| Willowtree School Sports Partnership | School Sports Coordinator | Ericka Woodward | 07591 157238 | [ewoodward2.307@lgflmail.org](mailto:ewoodward2.307@lgflmail.org) |
| Kelvin Walker | Organiser of Ealing Half marathon. Delivers running assemblies in schools. | Kelvin Walker |  | kelvin@ealinghalfmarathon.com |
| Berrymede Primary School | PE Lead. This school has run successful physical activity initiates in their school. | Steve Cotton | 0208 993 9053 | [scotton@berrymede-jun.ealing.sch.uk](mailto:scotton@berrymede-jun.ealing.sch.uk) |
| Fit4Sport | Offer training courses to improve PE, deliver fully inclusive PE and offer fun activities during play times. |  | 020 8742 4990 | enquiries@fitforsport.co.uk |

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| **Relationships and Sex Education** | **Relationships and Sex Education** | **RSE for SEND pupils** | Image in Action | Provides support to school staff and pupils regarding RSE. | Lesley Kerr-Edwards | 01494 481632 | [lesley@imageinaction.org](mailto:lesley@imageinaction.org) |
| **Healthy relationships** | Tender | Offer a range of workshops and staff training:   * Healthy Relationship projects (free for primary and high) * Primary School Projects – 2 day project based on healthy relationships, FGM and forced marriage | Cordelia Morrison | 0207 697 4275 | [cordelia@tender.org.uk](mailto:cordelia@tender.org.uk) |
| **Preventing abuse** | NSPCC | Offers free workshops for children based on recognising abuse and reporting it also offers the Speak out, Stay Safe free workshop |  | 0208 282 6284 | <https://www.nspcc.org.uk/services-and-resources/working-with-schools/> |
| **Domestic Violence** | Women’s Aid | Domestic Violence and VAWG | Amna Abdullatif | 07530 726572 | [A.Abdullatif@womensaid.org.uk](mailto:A.Abdullatif@womensaid.org.uk) |
| **Hestia in Ealing** | Crisis intervention and advocacy for woman and men experiencing domestic abuse |  | (020) 8280 2229 |  |
| [Refuge](http://www.refuge.org.uk/) | Domestic violence 24 hour hotline |  | 0808 2000 247 |  |
| SAFE  SPACE | DV Prevention worker | Gary Hobbs | 0208 825 8036 | [HobbsG@ealing.gov.uk](mailto:HobbsG@ealing.gov.uk) |
| Family Safety Worker  Supporting Parents and Children in Ealing affected by domestic abuse | Pat Chapman | 0208 825 8843  020 7244 4553/  0793 991 5235 | [ChapmanPa@ealing.gov.uk](mailto:ChapmanPa@ealing.gov.uk)  [SPACE@victimsupport.org.uk](mailto:SPACE@victimsupport.org.uk) |
| **Mental health and emotional wellbeing** | **Emotional wellbeing** | **Mental Health/ Emotional wellbeing** | Ealing MIND | Therapy sessions and a timetable of activities to help adults with their emotional wellbeing. |  | 020 8571 7454 | [info@mind-eh.org.uk](mailto:info@mind-eh.org.uk) |
| Dove  Self Esteem | Run workshops to help build confidence and self esteem |  |  | <http://selfesteem.dove.co.uk/Articles/Written/Teachers-and-schools.aspx> |
| Ravenor Primary School | This school has developed mindfulness and resilience activities. | Ciara McGrath | 0208 578 1654 | [cmcgrath@ravenor.ealing.sch.uk](mailto:cmcgrath@ravenor.ealing.sch.uk) |
| **Resilience** | Young Minds | Academic Resilience | Marcella Verdi | 020 7089 5057 | [ymenquiries@youngminds.org.uk](mailto:ymenquiries@youngminds.org.uk) |
| **Mindfulness and Meditation** | MindUp | Offers a comprehensive and progressive mindfulness for children as well as training for staff | Emma Shilston | 0208 282 6284 | [info@thehawnfoundation.co.uk](mailto:info@thehawnfoundation.co.uk) |
| Fielding Primary School | MindUp has been implemented in this school and is working effectively. | Corinne Tate | 02085679524 | [cswan10.307@lgflmail.org](mailto:cswan10.307@lgflmail.org) |
| Paws.b | Offers a 3 day mindfulness training courses for adults which enables you adults to practice mindfulness with 7-11 year olds |  |  | [enquiries@mindfulnessinschools.org](mailto:enquiries@mindfulnessinschools.org) |
|  |  | **Loss and Bereavement** | Rainbows | Offer staff training for delivering loss and bereavement counselling sessions for groups of children | Katrina Avery | 0748 344 5698 | [katrina.rainbowsgb@btconnect.com](mailto:katrina.rainbowsgb@btconnect.com) |
| **School counselling services** | Place2be | Offers a variety of counselling services in schools including 1:1 counseling sessions, parent sessions and staff sessions. |  | 0207 923 5500 | [enquiries@theplace2be.org.uk](mailto:enquiries@theplace2be.org.uk) |
| CliPS | Clinical psychologists who offer one to one child counselling sessions in primary and secondary schools | Sarah Jay, Extended services: | 0779 941 6830 | [sjay@ealing.gov.uk](mailto:sjay@ealing.gov.uk) |
| ConnectEd | Offers a variety of counselling services in schools including 1:1 counseling sessions, parent sessions and staff sessions. |  | 0208 969 5305 | <http://ccsconnected.org.uk/contact/> |
| **Safeguarding Prevention** | **Preventing extremism** | **Preventing extremism** | Ealing Prevent Team, Ealing Council | * General enquiries * Strategic Prevent Manager:   Managing risk and safeguarding issues   * Preventing Extremism in Schools Adviser :   Curriculum guidance and training   * Prevent Safeguarding Manager:   Risk assessment support | Nazia Matin  Mubina Asaria  Paul Smith | * 020 8825 8895 * 020 8825 5323 * 020 8825 7590 | [preventschoolsinfo@ealing.gov.uk](mailto:preventschoolsinfo@ealing.gov.uk)  [matinn@ealing.gov.uk](mailto:matinn@ealing.gov.uk)  [asariam@ealing.gov.uk](mailto:asariam@ealing.gov.uk)  [SmithPA@ealing.gov.uk](mailto:SmithPA@ealing.gov.uk) |
| Ealing School CyberMentor Programme | * Greenford High School * Stanhope Primary | Mubina Asaria  Sahreen Siddiqui | * 020 8578 9152 Ext:1602 * 020 8575 9989 | [masaria@greenford.ealing.sch.uk](mailto:Asaria@ealing.gov.uk)  [ssiddiqui4.307@lgflmail.org](mailto:ssiddiqui4.307@lgflmail.org) |

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|  | **Safeguarding** | **General** | NSPCC Schools Programme | Can deliver school assemblies and lessons on types of abuse. | Ria Charlton | 07771792231 | [Ria.Charlton@NSPCC.org.uk](mailto:Ria.Charlton@NSPCC.org.uk) |
| ECIRSReferal | Ealing’s Children’s Integrated Response Service – first port of call if you think a child is at risk of abuse | ECIRS | 0208 825 8000  option 2 |  |
| Ealing CP Advice | To call to discuss concerns about the safety of a child or young person | Manager  Duty Desk  LADO | 0208 825 8364  020 8825 8930  020 8825 8155 | [eagles@ealing.gov.uk](mailto:eagles@ealing.gov.uk)  [tinglel@ealing.gov.uk](mailto:tinglel@ealing.gov.uk) |
| **FGM** | Featherstone High School | Have developed and implemented lessons on FGM in KS 3 & 4 | Sarah Horton | 02088648544 | [SHorton@featherstonehigh.ealing.sch.uk](mailto:SHorton@featherstonehigh.ealing.sch.uk) |
| Well Women’s Clinic | Counselling and support for women with FGM. | Deqa Dirie  Juliet Albott | 0208 383 8761  07730970738 | [deqadirie@nhs.net](mailto:deqadirie@nhs.net)  [Juliet.Albert@imperial.nhs.uk](mailto:Juliet.Albert@imperial.nhs.uk) |
| FGM Police Officer | Met police FGM Officer | Rachel Tobias |  | [Rachel.M.Tobias@met.pnn.police.uk](mailto:Rachel.M.Tobias@met.pnn.police.uk) |
| FORWARD | FGM campaign and support organisation |  | 020 8960 4000 | [forward@forwarduk.org.uk](mailto:forward@forwarduk.org.uk) |
| NSPCC FGM Helpline | Call the FGM helpline if you're worried a child is at risk of, or has had, FGM |  | 0800 028 3550 | [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk) |
| **CSE** | Ealing Council | Coordination & implementation of Ealing CSE Strategy (includes support for schools). | Christina Evers | 0208 825 5951 | [EversC@ealing.gov.uk](mailto:EversC@ealing.gov.uk) |

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| **PSHE** |  | **Stop Smoking** | Smoke Free Ealing | Tobacco Control Specialist can deliver assemblies, workshops and lessons to pupils. | Poppy Murray | 07816170918 | [murrayp@ealing.gov.uk](mailto:murrayp@ealing.gov.uk) |
| **Alcohol and drugs** | EASY project | The CGL EASY Project is a support service for young people using drugs and/or alcohol. |  | 020 87992290 |  |
| **First Aid** | St John’s Ambulance | Deliver first aid courses. | Estelle Stephenson | 0207 258 7075 | [Estelle.stephenson@sja.org.uk](mailto:Estelle.stephenson@sja.org.uk) |
| **Online Safety** | Ealing Council | ICT Advisor | Mark Robinson | 0793 911 4456 | MRobinson@ealing.gov.uk |
| UK Safer Internet Centre | Provides advice for professionals working with children. <http://www.saferinternet.org.uk/> | Helpline | 0844 381 4772 | enquiries@saferinternet.org.uk |
| Greenford High | Lead – Whole school E-safety programme | Mubina Asana | 0208 5789152 | MASARIA@greenford.ealing.sch.uk |
| **Bullying** | Durdans Park Primary | This school has run successful activities in their school. | Bijal Maroo | 079 47 592 299 | [bmaroo.307@lgflmail.org](mailto:bmaroo.307@lgflmail.org) |
| St John Fisher Primary | This school has run successful activities in their school. | Joanne Aulds | 020 8799 09070 | [jaulds@st-johnfisher.ealing.sch.uk](mailto:jaulds@st-johnfisher.ealing.sch.uk) |
| Anti- bullying alliance SEN/disability | Training & support for SEN anti-bullying champions |  |  | [aba@ncb.org.uk](mailto:aba@ncb.org.uk). |
| Restorative Justice | ETE Coordinator. Youth Justice Team | Louise Morgan | 0208 825 6727 | [MorganL@ealing.gov.uk](mailto:MorganL@ealing.gov.uk) |

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| **Health Improvement Team** |  |  | Ealing Council | **Health Improvement Officer:** Emotional health and Wellbeing | Stacey Edmead-Payne: | 0208 825 8865 | Paynes@ealing.gov.uk |
| Ealing Council | **Health Improvement Officer: Nutrition & exercise and Healthy Schools London awards** | Nicole McGregor | 020 8825 5484 | [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk) |
| Ealing Council | Health Improvement Adviser: Safeguarding | Karen Gibson | 020 8825 7707 | [karen.gibson@ealing.gov.uk](mailto:karen.gibson@ealing.gov.uk) |
| Ealing Council | Health Improvement **Officer: RSE and PSHE** | Claire Meade | 020 8825 6173 | [meadec@ealing.gov.uk](mailto:meadec@ealing.gov.uk) |
| **Other** |  | **School Nurse Service** | School Nurse Service | East School Nurse Leader | Nicky Thomas | 0794 473 5075 /020 8992 8538 | [n.thomas@nhs.net](mailto:n.thomas@nhs.net) |
| School Nurse Service | Special School Nurse Team Lead | Paula Johnson | 0208 825 8343 | JohnsonP@ealing.gov.uk |
| School Nurse Service | West School Nurse Leader | Linda Abraham | 0741 562 6968/ 0203 313 7938 | [linda.abraham@nhs.net](mailto:linda.abraham@nhs.net) |
| **Healthy Schools London** | Healthy Schools London | Healthy Schools Manager. | Liz Prosser | 0207 983 4970 | liz.prosser@london.gov.uk |
| Ealing Council | **Health Improvement Officer** | Nicole McGregor | 020 8825 5484 | [McGregorN@ealing.gov.uk](mailto:McGregorN@ealing.gov.uk) |
|  | **Public Health** | VCS Public Health Information, Outreach and Capacity Building  Health Champions Training | Community Projects Officer, Ealing CVS | Angela Dodwell | 0208 280 2287 | [angela@ealingcvs.org.uk](mailto:angela@ealingcvs.org.uk) |
| Interim Training Manager, Ealing CVS, | Polly Seaman | 0208 280 2243 | [clare@ealingcvs.org.uk](mailto:clare@ealingcvs.org.uk), |
| Volunteer Centre Manager, Ealing CVS, | Samantha Stotland, | 020 8280 2241 | [Samantha@ealingcvs.org.uk](mailto:Samantha@ealingcvs.org.uk) |
| Chief Executive, Ealing CVS | Andy Roper | 020 8280 2231 | [ndy@ealingcvs.org.uk](mailto:ndy@ealingcvs.org.uk) |
| Network Support Officer, Ealing CVS | Iain Elliott, | 020 8280 2281 | [Iain@ealingcvs.org.uk](mailto:Iain@ealingcvs.org.uk), |
|  | **Community Hubs Public Health Work** | VCS  Key contact information for partners and operational staff delivering different strands of the voluntary and community sector (VCS) Public Health Programme | Public events, workshops and estate/area outreach | Sasha Roden. Premises Centre Manager, Lido Centre | 020 8280 2223 | [sasha@lidocentre.org.uk](mailto:sasha@lidocentre.org.uk) |
| Jackie Sear  Community Development Officer, GNP | 0795 855 7069 | [jackiesear.CDW@live.com](mailto:jackiesear.CDW@live.com)  [gnpfederation@hotmail.co.uk](mailto:gnpfederation@hotmail.co.uk) |
| Saloua Oussalah  Administrator | 020 8992 6738 | [Saloua@actonforum.org](mailto:Saloua@actonforum.org) |
| Janpal Basran  Network and Community Development Manager, Southall Community Alliance | 020 8574 8855 | [janpal1967@hotmail.com](mailto:janpal1967@hotmail.com) |
| Babie Kapoor  Administrate Officer, Southall Community Alliance. | 020 8574 8855 | [southallcommunityalliance@hotmail.com](mailto:southallcommunityalliance@hotmail.com) |